

Anacortes Mindfulness Community Gathas

Waking Up

Waking up this morning, I smile.
Twenty-four brand new hours are before me.
I vow to live fully in each moment
and to look at beings with eyes of compassion.

Taking the First Steps of the Day

Walking on the Earth
is a miracle!
Each mindful step
reveals the wondrous Dharmakaya.

Turning on the Water

Water comes from high in the mountains.
Water runs deep in the Earth.
Miraculously, water comes to us and
sustains all life.
My gratitude is filled to the brim.

Washing Your Hands

Water flows over these hands.
May I use them skillfully
to preserve our precious planet.

Brushing Your Teeth

Brushing my teeth and rinsing my mouth,
I vow to speak purely and lovingly.
When my mouth is fragrant with right
speech,
a flower blooms in the garden of my heart.

Using the Toilet

Defiled or immaculate,
increasing or decreasing--
these concepts exist only in our mind.
The reality of interbeing is unsurpassed.

Entering the Meditation Hall

Entering the meditation hall,
I see my true self.
As I sit down,
I vow to cut off all disturbances.

Sitting Down

Sitting here
is like sitting under a Bodhi tree.
My body is mindfulness itself,

free from distraction.

Calming the Breath

Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!
Adjusting Posture
Feelings come and go
like clouds in a windy sky.
Conscious breathing
is my anchor.

Greeting Someone

A lotus for you
a Buddha to be.

Before Eating (The Five Contemplations)

This food is the gift of the whole universe
the earth, the sky, and much hard work.
May we eat in mindfulness so as to be
worthy to receive it.
May we transform our unskillful states of
mind,
especially our greed, and learn to eat with
moderation.
May we take only foods that nourish us
and prevent illness.
We accept this food to realize
the path of understanding and love.

Inviting the Bell to Sound

Body, speech, and mind in perfect oneness,
I send my heart out along with the sound of
this bell.
May all hearers awaken from forgetfulness
and transcend the path of sorrow.

Listening to the Bell

Listen, listen,
this wonderful sound
brings me back
to my true home.

Smiling at Your Anger

Breathing in, I know that anger makes me
not beautiful.
Breathing out, I smile.
I stay with my breathing
so I won't lose myself.

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Breathing

Breathing in, I know I am breathing in.
Breathing out, I know I am breathing out.
Breathing in, my breath grows deep,
Breathing out, my breath grows slow.
Breathing in, my mind is calm
Breathing out, my body is at ease.
Breathing in, I smile
Breathing out, I release.
Dwelling in the present moment,
I know this is a wonderful moment.

Driving the Car

Before starting the car
I know where I'm going.
The car and I are one.
If the car goes fast, I go fast.

Drinking Tea

This cup of tea in my two hands,
mindfulness held perfectly.
My mind and body dwell
in the very here and now.

Watering the Plants

Don't think you are cut off, dear plant.
This water comes to you from the Earth and
sky.
You and I have been together
since beginningless time.

Communicating with Others

Words can travel thousands of miles.
May my words create mutual understanding
and love.
May they be as beautiful as gems,
as lovely as flowers.

Walking Meditation

The mind can go in a thousand directions,
but on this path, I walk in peace.
With each step, a fresh wind blows.
With each step, a flower blooms.

Turning on the Light

Forgetfulness is the darkness,
mindfulness is the light.
I bring awareness
to shine upon all life.

Washing Vegetables

In these vegetables
I see a green sun.
All dharmas join together
to make life possible.

Cleaning

How wonderful
to scrub and clean.
Day by day,
my heart and mind grow clearer.

Sweeping

As I carefully sweep
the ground of enlightenment,
a tree of understanding
springs up from the Earth.

Throwing Out the Garbage

In the garbage, I see a rose.
In the rose, I see compost.
Everything is in transformation.
Impermanence is life.

Cutting a Flower

May I cut you, little flower,
gift of Earth and sky?
Thank you, dear bodhisattva,
for making life so beautiful.

Lighting a Candle

Lighting this candle,
Offering the light to countless Buddhas,
the peace and the joy I feel
brighten the face of the Earth.